

free intermittent fasting calculator

The free intermittent fasting calculator is an invaluable tool for anyone looking to adopt or optimize their intermittent fasting (IF) journey. It simplifies the complex task of determining optimal eating windows and fasting periods, tailored to individual needs and goals. Understanding the nuances of IF, such as different fasting protocols and their benefits, can be daunting. This article will guide you through leveraging a free intermittent fasting calculator, explaining its functionalities, benefits, and how it empowers you to personalize your fasting schedule effectively. We will explore how to input your data, interpret the results, and integrate these insights into a sustainable lifestyle for potential weight management, improved metabolic health, and enhanced cellular repair.

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Frequently Asked Questions About Free Intermittent Fasting Calculators

What is a Free Intermittent Fasting Calculator?

A free intermittent fasting calculator is a digital tool designed to help individuals calculate and plan their fasting and eating windows based on specific intermittent fasting protocols and personal parameters. Unlike manual tracking or generic advice, these calculators offer a personalized approach, taking into account your lifestyle, goals, and preferred fasting method. They are typically web-based or available as mobile applications, offering a user-friendly interface that streamlines the process of setting up an intermittent fasting schedule.

The primary function of such a calculator is to remove the guesswork from IF. By inputting basic information, users can receive tailored suggestions for their daily or weekly fasting and eating periods. This ensures consistency and helps individuals adhere to their chosen fasting pattern, which is crucial for experiencing the potential benefits of intermittent fasting. The availability of these tools for free makes intermittent fasting more accessible to a wider audience, democratizing personalized health planning.

How to Use a Free Intermittent Fasting Calculator

Utilizing a free intermittent fasting calculator is generally a straightforward process, designed for ease of use by individuals with varying levels of technical proficiency. The initial step involves accessing a reputable online calculator or a dedicated app. Once you have located a suitable tool, you will typically be prompted to provide some essential personal information. This data is critical for the calculator to generate accurate and personalized fasting schedules.

Inputting Your Personal Data

The specific data fields may vary slightly between different calculators, but common inputs include:

- **Your Preferred Intermittent Fasting Protocol:** Most calculators will offer a selection of popular IF methods, such as 16/8, 5:2, Eat-Stop-Eat, or OMAD (One Meal A Day). Selecting your preferred protocol is the first crucial step.
- **Your Target Weight Loss or Maintenance Goal:** While not all calculators will explicitly ask for this, some may use this information to suggest calorie intake ranges within your eating window, indirectly guiding your IF approach towards your goals.
- **Your Wake-Up Time:** This is vital for anchoring your fasting and eating windows to your daily routine, ensuring that your schedule aligns with your natural waking hours.
- **Your Usual Bedtime:** Similar to your wake-up time, your bedtime helps define the 24-hour cycle and influences the optimal placement of your eating window.
- **Your Meal Preferences or Eating Habits:** Some advanced calculators might ask about your typical meal times or how many meals you prefer to consume within your eating window.

Understanding the Calculator Output

Upon entering your data, the free intermittent fasting calculator will process this information and present you with a clear schedule. This output typically includes:

- **Fasting Window:** The precise times during which you should abstain from calorie-containing food and beverages.
- **Eating Window:** The designated period when you are permitted to consume meals and snacks.
- **Fasting Duration:** The total number of hours your fasting period will last for each day or fasting day.
- **Eating Window Duration:** The total number of hours available for eating.

Many calculators also provide additional features, such as reminders for when your eating window begins and ends, or suggestions for nutrient-dense foods to consume during your eating periods. It is important to review these results carefully and ensure they fit realistically into your daily life. Minor adjustments may be necessary to perfectly integrate the suggested schedule with your work, social, and family commitments.

Benefits of Using an Intermittent Fasting Calculator

Leveraging a free intermittent fasting calculator offers a multitude of advantages for individuals embarking on or refining their IF journey. The primary benefit lies in the personalization it provides, moving beyond generic advice to offer a schedule that is more likely to be sustainable and effective for the individual user.

Personalized Scheduling

One of the most significant advantages is the ability to create a customized fasting and eating window schedule. Instead of relying on one-size-fits-all approaches, a calculator takes your personal daily rhythm into account, such as wake-up and bedtime, to suggest optimal times. This makes the fasting periods feel less arbitrary and more integrated into your life, increasing adherence.

Protocol Simplification

Intermittent fasting encompasses various popular methods, each with its own set of rules and timeframes. A calculator simplifies the selection and implementation of these protocols. For instance, if you choose the 16/8 method, the calculator precisely determines the 16-hour fasting window and the 8-hour eating window based on your input, removing any ambiguity.

Goal Alignment

While not all free calculators explicitly ask for goals like weight loss or improved metabolic health, the structure they provide inherently supports these aims. By establishing consistent eating patterns, individuals can more effectively manage their calorie intake and potentially improve insulin sensitivity and other metabolic markers. Some calculators might offer options to align with specific health objectives, further enhancing their utility.

Improved Adherence and Consistency

Having a clear, calculated schedule significantly boosts adherence to intermittent fasting. Knowing exactly when to start and stop fasting, and when to eat, reduces the mental burden and decision fatigue associated with IF. This consistency is key to achieving the desired physiological adaptations associated with fasting, such as ketogenesis or autophagy.

Educational Value

Using an IF calculator can also be an educational experience. It helps users understand the quantitative aspects of different IF methods, such as the exact duration of fasting periods. This can foster a deeper understanding of how IF works and empower users to make more informed decisions about their health and dietary habits.

Popular Intermittent Fasting Protocols and Calculator Applications

Intermittent fasting is not a singular diet but rather an eating pattern that cycles between periods of eating and voluntary fasting. Different protocols exist, each offering a unique approach to structuring these cycles. A free intermittent fasting calculator can be instrumental in helping individuals understand and implement these popular methods.

The 16/8 Method

This is perhaps the most widely adopted IF protocol. It involves fasting for 16 hours each day and restricting eating to an 8-hour window. A 16/8 intermittent fasting calculator would take your preferred eating window (e.g., 12 PM to 8 PM) and automatically calculate the corresponding 16-hour fasting period that precedes it, ensuring a consistent daily routine.

The 5:2 Diet

This method involves eating normally on five days of the week and restricting calorie intake to around 500-600 calories on the remaining two non-consecutive days. While a calculator might not directly dictate calorie intake, it can help users plan their eating days and fasting days, ensuring the two restricted days are spaced appropriately. Some advanced calculators might assist in mapping out the fasting days within a weekly view.

Eat-Stop-Eat

This protocol involves a voluntary 24-hour fast once or twice a week. For example, finishing dinner on Monday and not eating again until dinner on Tuesday. An intermittent fasting calculator can help determine the exact start and end times for these 24-hour fasts, ensuring they don't interfere with social events or usual meal times on non-fasting days.

OMAD (One Meal A Day)

As the name suggests, this method involves eating all of your daily calories within a very short window, typically one to two hours, resulting in a fasting period of 22 to 23 hours. An OMAD calculator

would precisely define this extended fasting duration and the very brief eating window, helping users plan their single meal for optimal nutrition within that timeframe.

Warrior Diet

This less common protocol involves eating small amounts of raw fruits and vegetables during the day and then consuming one large meal within a 4-hour eating window in the evening. A calculator for this method would help define the 4-hour eating window and the surrounding 20-hour fasting period, ensuring the meal is strategically placed within the user's day.

Factors Influencing Your Intermittent Fasting Schedule

When using a free intermittent fasting calculator, several personal and lifestyle factors are crucial for ensuring the generated schedule is both effective and sustainable. The calculator itself is a tool, but its output needs to be practical for your individual circumstances.

Daily Routine and Work Schedule

Your work hours, commute, and daily responsibilities play a significant role. If you have early morning meetings or late-night work commitments, your eating window needs to accommodate these without causing undue stress or hunger. A calculator allows you to anchor your eating window to align with your most active or social periods, rather than imposing a rigid structure that clashes with your existing commitments.

Social Life and Family Meals

Social gatherings and family meal times are important aspects of life. It's essential that your intermittent fasting schedule doesn't isolate you or force you to miss out on shared dining experiences. By inputting your typical social meal times, a calculator can help you adjust your fasting and eating windows to overlap with these occasions, allowing for flexibility and enjoyment.

Exercise Habits and Timing

For individuals who exercise regularly, the timing of workouts in relation to fasting and eating windows can be important for performance and recovery. Some people prefer to work out in a fasted state, while others need to refuel shortly after exercise. A good intermittent fasting calculator can help you plan your eating window to include post-workout nutrition if that aligns with your training regimen.

Personal Preferences and Hunger Cues

Ultimately, intermittent fasting should feel manageable and not overly restrictive. Your personal preferences for when you feel most hungry or when you enjoy eating are paramount. While a calculator provides structure, it's important to listen to your body. You might find that a slight adjustment to the suggested window, perhaps shifting it by an hour or two, makes it more comfortable and sustainable for you.

Sleep Patterns

Sleep quality and duration can be impacted by eating patterns. If you experience indigestion or discomfort from eating too close to bedtime, your IF schedule should account for this. Similarly, if you wake up hungry, your eating window might need to start earlier. A calculator, by considering your wake-up and bedtime, helps integrate IF with your natural sleep-wake cycle.

Optimizing Your Intermittent Fasting with a Calculator

A free intermittent fasting calculator is more than just a schedule generator; it's a dynamic tool that can be used to refine and optimize your intermittent fasting approach over time. By understanding its capabilities and incorporating feedback, you can make your IF journey more effective and sustainable.

Iterative Adjustments

It's rare for the first schedule generated by a calculator to be perfect. Life is dynamic, and your needs may change. Use the calculator as a starting point, and then observe how you feel. If you find yourself overly hungry at certain times, too full to exercise, or struggling to adhere to the window, revisit the calculator. Adjust your wake-up/bedtime inputs or explore slightly different eating window timings to find what works best for your body and lifestyle.

Integrating with Nutritional Goals

While the calculator focuses on timing, successful intermittent fasting also depends on what you eat. Ensure that during your eating window, you are consuming a balanced and nutrient-dense diet. Some advanced calculators or accompanying resources might offer guidance on meal composition. However, generally, aim for whole foods, lean proteins, healthy fats, and complex carbohydrates to maximize the health benefits of IF.

Tracking Progress and Feedback Loops

Regularly assess how you feel while following the calculated IF schedule. Are you experiencing increased energy levels, better focus, or progress towards your weight management goals? Use these observations to inform adjustments to your calculator inputs. If you're not seeing the desired results or are experiencing negative side effects, it might be time to re-evaluate your protocol or consult with a healthcare professional. The calculator can then help you implement any recommended changes.

Experimenting with Different Protocols

If one IF protocol isn't yielding the desired results, a free intermittent fasting calculator makes it easy to experiment with others. You can quickly see how a 16/8 schedule compares to a 18/6 or even OMAD, and how these different timings fit into your daily life. This flexibility allows you to find the IF method that is most compatible with your body and goals.

Mindful Eating During the Eating Window

Optimizing IF isn't just about when you eat, but also how you eat. When your eating window opens, focus on mindful eating. Eat slowly, savor your food, and pay attention to your body's hunger and fullness cues. This practice, coupled with a structured eating window from a calculator, can lead to better digestion and a healthier relationship with food.

Q: How accurate is a free intermittent fasting calculator?

A: Free intermittent fasting calculators are generally very accurate in calculating the duration and timing of fasting and eating windows based on the specific protocol and personal details you provide. They use mathematical formulas to ensure the timeframes are precise. However, they do not account for individual metabolic responses or unique physiological needs, which may require personal adjustments.

Q: Can I use a free intermittent fasting calculator if I have underlying health conditions?

A: While a free intermittent fasting calculator can provide a structured IF schedule, it is crucial to consult with a healthcare professional before starting intermittent fasting, especially if you have any underlying health conditions such as diabetes, heart disease, or a history of eating disorders. The calculator itself does not offer medical advice.

Q: Do I need to download an app to use a free intermittent

fasting calculator?

A: Not necessarily. Many free intermittent fasting calculators are web-based and accessible directly through your internet browser on a computer or mobile device. However, some providers also offer dedicated mobile applications that may offer additional features like reminders and progress tracking.

Q: What happens if I break my fast accidentally while using a calculated schedule?

A: If you accidentally break your fast, even for a short period, it's generally recommended to either start your eating window immediately if it's close to its scheduled start time, or to restart your fasting period after a brief break and continue with the day's planned schedule. Some users choose to simply reset their schedule for the next day. The calculator's role is to provide the framework, and personal discretion is often needed.

Q: Can a free intermittent fasting calculator help me lose weight?

A: A free intermittent fasting calculator can indirectly support weight loss by helping you manage your eating window, which can lead to a reduction in overall calorie intake. By adhering to a structured eating window, you may naturally consume fewer calories. However, weight loss is primarily determined by a caloric deficit, so ensuring that your food choices within the eating window are healthy and balanced is essential.

Q: How often should I adjust my intermittent fasting schedule using a calculator?

A: You should adjust your schedule using a calculator based on your personal experience and any changes in your lifestyle or goals. If you find your current schedule is consistently difficult to follow, or if your daily routine shifts significantly (e.g., new work hours), it's time to re-evaluate and potentially use the calculator again. For many, a consistent schedule may require no adjustments for months or even years.

Q: Are there different types of free intermittent fasting calculators available?

A: Yes, there are various types of free intermittent fasting calculators. Some are very basic and simply calculate fasting/eating windows for common protocols like 16/8. Others are more advanced and might consider factors like your desired eating window duration, specific workout times, or even offer integration with health tracking apps.

Q: What is the most common protocol a free intermittent

fasting calculator is used for?

A: The most common protocol for which free intermittent fasting calculators are used is the 16/8 method, where individuals fast for 16 hours and eat within an 8-hour window. This is due to its popularity and relative ease of integration into most daily routines.

[Free Intermittent Fasting Calculator](#)

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Fasting for Women includes information on the benefits of fasting, crescendo fasting, how to enhance your fast with the right foods, how to tell if fasting works for you, and how to get your body ready to reap the rewards from this simpler lifestyle. With over 25 sample meal plans with vegan, vegetarian, and keto options, you will always have the tips and tricks you need for success. Make the most of your fast and start living the healthier life you've always wanted today.

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to help you get started; Breakfast, vegetables, poultry, meat, lunch, seafood, dinner, snacks and desserts Intermittent Fasting for Women in which we'll discuss the following topics: • What is intermittent fasting? • Benefits of intermittent fasting • Effect of intermittent fasting • Tips and tricks to follow correctly • Intermittent fasting for weight loss • 7-days meal plan Anti-Inflammatory Diet in which you will find: • Inflammation • What is an anti-inflammatory diet • How inflammation is interrelated with obesity and arthritis • Foods that prevent inflammation If you want to improve your health by eating correctly then this is the right book for you! Grab your copy now!

free intermittent fasting calculator: *Keto Lifestyle: Simple* Hendrik Marais, 2024-05-01 The keto diet has been around for a while; perhaps you've heard about it, but don't fully understand the concept and think it's too expensive. Or perhaps you've tried it, but were overwhelmed with a deluge of often-conflicting information, so you gave up. Relax, it's not your fault. Whether you are brand new to the lifestyle or you've been following it faithfully but need new inspiration, this book has something for everyone. Following on the runaway success of his first book, *Living the Ultimate Keto Lifestyle* (2022), Hendrik Marais wants to introduce even more people to the ketogenic lifestyle, while offering devotees a simplified breakdown of the latest trends and a complete set of easy and delicious recipes. *Keto Lifestyle: Simple* is a guide to implementing a ketogenic diet with intermittent fasting (optional). It includes four meal plans (two standard and two meal-prep style) with over 66 recipes that are easy to follow, make sense, are both budget and loadshedding friendly, and will save you time. You'll love these tasty, traditional South African recipes, which also include a keto-friendly entertainer menu for hosting and sharing good times with friends in a healthy and affordable manner. But there is so much more: nutritional information, advice on exercise, ways to maintain your motivation and most importantly, how to build a lifestyle that supports not only weight loss in the short term, but keeping the weight off for years to come – something most people desperately struggle with. The message behind this book is simple: a ketogenic diet does not have to be complicated, expensive or time consuming. But don't fully understand the concept and think it's too expensive. Or perhaps you tried it, but were overwhelmed with a deluge of often conflicting information, so you gave up. Possibly, you are following it faithfully but need new inspiration. Besides, there's always new information coming to the fore. Following on the runaway success of his first book a few years ago, *Living the Ultimate Keto Lifestyle*, Hendrik Marais wants to introduce the ketogenic lifestyle to even more people, while offering devotees a simplified breakdown of the latest trends and a complete set of easy and delicious recipes.

free intermittent fasting calculator: *Ketogenic Diet and Metabolic Therapies* Susan A. Masino, 2022 People with epilepsy have been treated with ketogenic diets for 100 years, yet these metabolic approaches remained obscure and underutilized for much of this time. Clinical efficacy has been consistently reported for decades in pediatric patients, and more recently in adults. Perhaps more importantly, the benefits of metabolic therapies are being validated beyond epilepsy-to other neurologic, metabolic, and genetic disorders-underscoring the importance of metabolism in health. This new edition of *Ketogenic Diet and Metabolic Therapies: Expanded Roles in Health and Disease* celebrates the 100th anniversary of the ketogenic diet and highlights the expanding research interest and clinical applications of metabolic therapies for disease treatment and prevention. Metabolic strategies have proven equal or superior to pharmacological treatments for specific diseases and can improve overall health with limited side effects. Emerging areas in this new edition include insights into mechanisms and alternatives, opportunities for neurodevelopmental, neurodegenerative and psychiatric conditions, impacts on the microbiome, epigenome and metabolome, and diverse benefits related to inflammation, cancer, and cognition. The editors have assemble world leaders to share cutting-edge research. As the most comprehensive academic, interdisciplinary book to date on the ketogenic diet and metabolic therapies, this updated volume is timely as there is now increased appreciation for the importance of metabolic health by both professionals and the public alike. Book jacket.

free intermittent fasting calculator: *Metabolic Diet* Donovan Ekstrom, 2024-07-11 Unlock the secrets to a leaner, healthier, and more muscular you with Donovan Ekstrom's ultimate guide to

transforming your body and mind! **Metabolic Diet: 6 Books in 1** is your comprehensive blueprint for achieving the physique you've always dreamed of, whether you're a beginner or a seasoned fitness enthusiast. In this powerhouse collection, you'll discover: **The Metabolic Diet Revolution:** Learn how to torch fat and build muscle simultaneously with a diet tailored to your unique metabolic needs. **Bodybuilding Essentials:** Master the art of muscle growth with expert tips on training, nutrition, and recovery. **Keto Diet Mastery:** Harness the power of ketosis to supercharge your fat loss while maintaining peak energy levels. **Intermittent Fasting & OMAD:** Uncover the science-backed benefits of intermittent fasting and One Meal A Day (OMAD) for accelerated fat loss and improved metabolic health. **Healthy Eating Habits:** Develop lifelong healthy eating habits that support your fitness goals and overall well-being. **Mindset & Motivation:** Build a bulletproof mindset that keeps you motivated, disciplined, and focused on your fitness journey. Packed with actionable advice, meal plans, workout routines, and mindset strategies, **Metabolic Diet: 6 Books in 1** is your all-in-one guide to achieving a ripped, healthy, and confident body. Donovan Ekstrom combines years of fitness expertise with the latest scientific research to provide you with an easy-to-follow roadmap to success. Don't wait any longer to take control of your health and fitness. Get your copy today and start your transformation journey now!

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free intermittent fasting calculator: The Glow Code Michelle McIvor, 2024-06-18 Readers seeking a holistic, approachable guide to approaching middle age with verve (Foreword Reviews) will appreciate this comprehensive and chatty guide (Publishers Weekly) with inspiring and practical advice to navigate aging well. When I was 41, I learned how to wash my face. Turns out I'd been doing it wrong. (Hint: ditch cleansing wipes!) This made me wonder what else I didn't know. Like: Cardio or weights? Why can't I sleep? Is there a trick to ordering good wine? Or buying art? I figured if I still had questions about how to adult and age like a superwoman, maybe you did too. The Glow Code provides all the answers you need to feel, look, and live better in midlife and beyond. Rich in advice from top scientists, psychologists, makeup artists, fitness and nutrition authorities, and others, this book offers strategies and tips for better fitness, friendships, sex, creative practices, and more. And to make sure it works, I've tested it all-with sometimes hilarious results. Fun, practical, and inspiring, The Glow Code is the manifesto to aging joyfully. For all of you with minimum free time but maximum ambition to rock this next stage of life, welcome to your cheat sheet.

free intermittent fasting calculator: *Я научу вас голодать. Часть 11. Прерывистое голодание крещендо – лучшая стратегия голодания для женщин* Владимир Давыдов, Александр Барвинский, Сергей Барвинский, 2025-03-06 Термин «крещендо» описывает именно его цель – постепенное увеличение продолжительности проведения голодания, которое может выдержать ваш организм. При голодании по методу крещендо вы начинаете с 12 часов и увеличиваете продолжительность «окна голодания» до 14-16 часов несколько дней в неделю, а не каждый день. Как только вы и ваше тело привыкните, вы можете увеличить интенсивность проведения голодания. Вы можете дать своему телу пару недель, прежде чем добавить ещё один день голодания и оценить, как ваше тело отреагирует. Основным смыслом голодания крещендо заключается в том, чтобы постепенно расслаблять своё тело и избегать слишком сильного стресса за один раз проведения голодания. Ваши дни без приёма еды не должны быть последовательными (например, среда, пятница и воскресенье). Вы можете выбрать любой день, который подходит вашему образу жизни, распорядку дня, работе. В дни приёма пищи лучше всего средиземноморская диета. В дни проведения голодания только лёгкие упражнения или йога.

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free intermittent fasting calculator: *Obesity* Evelyn B. Kelly, 2018-04-19 This book explores what obesity is, its causes and implications for health, and the many issues and controversies surrounding it, both in the medical community and within society as a whole. Obesity is defined as the state of having a body mass index (BMI) greater than 30. Although it may be easy to identify what obesity is, however, identifying its causes and effects can be more challenging. Genetic, hormonal, environmental, and behavioral factors all play a role in defining our weight, and the consequences of obesity go far beyond medical complications, to include impacts on psychological well-being and social health, and how we think about and address this growing epidemic has become

just as controversial as it is important. This second edition of Obesity offers a wealth of new information and features. Coverage of genetic and hormonal causes of obesity has been greatly expanded, as has discussion of medications and surgical techniques to manage obesity. The book reflects our expanded scientific understanding of obesity and delves into medical and societal debates about weight that have emerged in recent years. Also new in this edition is a collection of case studies, each of which helps to make the topics discussed in the book more accessible to readers.

free intermittent fasting calculator: The 5:2 Cookbook Angela Dowden, 2013-03-18 The 5:2 lifestyle diet is sweeping the nation. It allows you to change your life for the better by dieting just 2 days a week. You will live longer, lose weight and feel great by reducing your calorie intake to 500/600 calories for just 2 days a week. The rest of the week you can eat normally, eat out and even have treats. But what to eat on a fasting day? Bored with omelette and ham salad? Want something quick and easy but don't know what? Look no further: with over 100 calorie-counted recipes specially designed for fasting, it couldn't be easier to put the 5:2 diet into practice. All the recipes are quick and easy to make and taste delicious, so fasting need not be a chore. Includes: 100 calorie-counted recipes, 1 month meal planner, calorie counter, 50 ideas for 100-calorie snacks, 50 ideas for 50-calorie snacks, 50 ideas for guilt-free snacks, plus tips and techniques on mastering portion control, good nutrition, and keeping it up for life.

free intermittent fasting calculator: The Pcos Mood Cure Gretchen Kubacky Psy.D., 2018-07-26 Have you tried almost everything to remedy your Polycystic Ovary Syndrome (PCOS) and haven't been able to find relief? More than 200,000 women are diagnosed each year and suffer with everything from mood swings and weight gain, to acne and infertility. In The PCOS Mood Cure, author Dr. Gretchen Kubacky provides information and coping mechanisms for the mental health issues related to PCOS and gives you the tools to start feeling better today. With her characteristic warmth, compassion, and clarity, as well as a practical approach grounded in research, Dr. Kubacky shows you how to: Tame anxiety, irritability, and mood swings; Manage stress; Banish food cravings; Fix sleep problems, fatigue, and brain fog; Create a rock star medical team; Understand medication, supplements, and psychological diagnoses; Take charge of your health and happiness; and Feel hopeful again. Meant to educate, inspire, and encourage, The PCOS Mood Cure offers advice on dealing with the physical, psychological, and social consequences of this disease; gives you a sustainable plan; and suggests a path to freedom.

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